








Sadkin Community Center  
1176 NW 42 Way  
Lauderhill, Florida 33313  
Phone: 954-321-2450  
E-mail: dbrown@lauderdale-fl.gov



Sadkin Center Fitness Schedule for FEBRUARY 2012  
\*\*DRAFT\*\* "\$" = extra fees/charges  
MON-WED FITNESS CLASSES/  
WEIGHT ROOM USE included



Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 29	January 30 <b>TURBO KICK</b> W/Almarie 6:30-7:30PM	January 31 <b>NO CLASS</b> <b>ELECTIONS</b>	February 1 "Find your sexy" body movement class w/Ronnie of Sensual Souls 6:30-7:30PM	2	February 3 <b>African Dance</b> (CDBG sponsored) 7:30-8:30pm <b>Yoga (\$5) 7-7:30p</b>	February 4 <b>Cardio Tennis</b> \$ 830am(Wolk)
NOTE: LAST DAY TO PAY \$20 is  **FEB 11th**  After Feb 11th, each class is \$5 Sorry, no refunds.	6 <b>TURBO KICK</b> W/Almarie 6:30-7:30PM	7 "Love your Life" Stress release class 6:30-7:30PM 	8 <b>Zumba</b> w/DILMA 6:30-7:30PM <b>Tennis Clinics(\$)</b> 7-830p (Wolk) 	9	10 <b>African Dance</b> (CDBG sponsored) 7:30-8:30pm <b>Yoga (\$5) 7-7:30p</b> 	11 <b>Cardio Tennis</b> \$ 830am(Wolk)
12	13 <b>SPECIAL MASTER</b> <b>CLASS</b> <b>KICKBOXING</b> WITH MARCUS 6:30-7:30PM	14 <b>BOOTCAMP</b> w/SOCOM FITNESS 6:30-7:30pm 	15 <b>Zumba</b> w/DILMA 6:30-7:30PM <b>Tennis Clinics(\$)</b> 7-830p (Wolk)	16	17 <b>African Dance</b> (CDBG sponsored) 7:30-8:30pm <b>Yoga (\$5) 7-7:30p</b>	18 <b>Cardio Tennis</b> \$ 830am(Wolk) 
19 	20 Presidents Day <b>BELLY</b> <b>DANCING</b> w/DILMA 6:30-7:30PM	21 <b>Yoga w/ Holistic Arts</b> 6:30-7:30pm 	22 <b>Zumba</b> w/DILMA 6:30-7:30PM <b>Tennis Clinics(\$)</b> 7-830p (Wolk)	23	24 <b>African Dance</b> (CDBG sponsored) 7:30-8:30pm <b>Yoga (\$5) 7-7:30p</b>	25 <b>Cardio Tennis</b> \$ 830am(Wolk)
26	27 <b>TURBO KICK</b> W/Almarie 6:30-7:30PM	28 <b>Core Abs and Butt with</b> <b>stretch body sculpting</b> w/Daphne 6:30-7:30PM	29 <b>Cardio Kickboxing</b> w/ Daphne 630-730p	Mar 1	Mar 2 <b>African Dance</b> (CDBG sponsored) 7:30-8:30pm <b>Yoga (\$5) 7-7:30p</b>	Mar 3 <b>Cardio Tennis</b> \$ 830am(Wolk)